

5 Strategies to Help Your Child with Autism Have a Better Day

by Autism Help New Orleans

Use Visuals

Include images or other visual elements in your day to improve communication with your child and encourage them to engage with their surroundings. Use photographs to make a timetable of your child's day to ease transitional tensions, or give your child pictures of their favorite things to help them ask for what they want.

Prepare Them

Providing your child with advance notice of a transition can help them get ready for it before it happens. Giving your child advance notice can help them adjust to a change, whether it's shutting off the TV, leaving the park, or moving to a new home. To communicate to your child how much time is remaining in an activity, try setting a timer or making a verbal announcement.

Keep it Simple

Children frequently feel overwhelmed by expectations and are bombarded with instructions. One instruction at a time, parent. Give them the second instruction when they have completed the first one. Start with "It's time to pick up your toys" rather than "Mommy has to go to work, you need to pick up your toys, put your shoes on, and gather your toys for grandma's house," and then go on to the next thing they need to do!

Provide Choices

A child's day is mostly decided for them. Giving your child options promotes engagement and gives them a sense of control over their day. Provide options for games, chores, toys, and even foods. Ask your child which snack they want to bring, which homework assignment they want to finish first, or which pen or crayon they want to use on their project.

Give Praise

We, [Autism Help New Orleans](#), frequently get swept up in life's flow, and a small child frequently hears, "Stop that! Don't do that!" or "" But rather than only teaching a child what we DON'T want

them to do, it's crucial to teach them what we DO want them to do. Tell them when you observe them engaging in behavior you find pleasing! You can complement them, give them a high five, or let them have a favorite toy or food. Use statements like "I enjoyed how you put on your shoes!" To point out what they did well. "or "Well done, you cleaned up your toys."

About us

We provide full-time, in-clinic [Autism Help New Orleans](#) that includes a combination of individual therapy, peer play, and group services. Families will become more confident in how to manage problems when they arise, support their children in various circumstances, and foster communication and independence. We support your child and family with education, training, and attainable plans of action.